

Baked Apples

6 apples—cored and sliced
1/3 cup white sugar
3 Tbsp flour
1/2 tsp cinnamon
1/2 tsp nutmeg
1/4 tsp ground cloves
1/2 cup raisins
1/2 cup chopped walnuts, *optional*
1/4-1/2 cup milk or apple cider

Preheat oven to 350°. Spray a 2 quart baking dish with non-stick cooking spray

Place apples in a large bowl. In a small bowl, mix together sugar, flour, cinnamon, nutmeg and cloves. Stir spice mixture into apples until evenly distributed. Fold in raisins and walnuts. Spoon into prepared dish. Pour milk or apple cider evenly over apple mixture.

Bake in preheated oven for 45-60 minutes, or until soft and bubbly. Allow to cool slightly before serving.

Adapted from www.allrecipes.com

Appointment Reminder Calls

Our computer system is set up to make reminder calls the evening before your scheduled appointment; however, we ask that you not rely on these calls for remembering your appointments. Sometimes a phone number hasn't been updated in our system or the computer fails to make the calls. Thank you.



Calls from the WIC Office

In order to maintain your privacy and in accordance with privacy laws, we do not leave detailed messages about where we are calling from or what the call is about. If you see a missed call from our office or have a message from Eastern Idaho Public Health District, please call us back. Thanks!



Office Closures

Sept 2	Labor Day
Sept 27	Staff Meeting
Oct 14	Columbus Day
Oct 24 & 25	Staff Meetings
Nov 11	Veteran's Day
Nov 28	Thanksgiving Day

WIC NEWSLETTER

EIPHD

SEPTEMBER/ OCTOBER
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Healthy Eating & Activity for a Lifetime!

All children and adults need healthy eating and physical activity. Healthy eating and physical activity may help children: grow, learn, build strong bones and muscles, maintain a healthy weight, feel good about themselves and reduce their risk for future changes of developing diabetes and heart disease.

Parents play a big part in shaping their children's eating and physical activity habits. When parents eat foods that are healthier, children learn to like these foods as well. When parents are more active, their children tend to be as well. Be a good role model to your children!

Tips for promoting good health in your family:

- Make sure your child's caregiv-

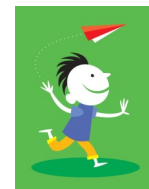
ers offer healthy snacks and meals and provide plenty of active playtime while limiting time with TV or inactive video games.

- Eat/serve a variety of healthy foods such as fruits, vegetables, unsalted nuts and seeds, whole grains, low fat dairy, lean meats/poultry, seafood, eggs and beans. Like adults, children need to eat a wide variety of foods.
- Dish up more fruit for breakfast, snacks and desserts. Add dark green, red and orange vegetables to stews and soups.
- Be active with your child outside in the sunlight to improve vitamin D levels naturally (talk to your child's doctor about a vitamin D supplement)
- Serve fresh, frozen or canned salmon, shrimp and light tuna (not albacore).
- Replace at least half of the refined



grains (breads, pasta, rice) your family eats with whole-grain foods.

- Serve water as the first drink of choice.
- Offer 3 servings of low fat dairy products daily
- Reduce the amount of sugar-sweetened sodas and fruit-flavored drinks that your child drinks.
- Offer fresh fruit, which has more fiber and other nutrients than juice, more often than 100% fruit juice.
- Offer healthy snacks
- Limit fast food
- Share meal time as family time
- Reduce inactive screen time



Adapted from "Healthy Eating & Physical Activity Across Your Lifespan" from NIH and NIDDK Weight-Control Information Network